

# 25th ID activates Lightning Academy

**SGT. ARIANA CARY**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — During a ceremony on East Range Training Complex, May 1, the 25th Infantry Division officially activated its latest tool to help build and enhance warrior skills: the Lightning Academy.

Lightning Academy is a training institution within the 25th ID that is dedicated to developing critical thinking skills in leaders and service members.

Its courses are open to Soldiers and joint service members from the U.S. and Asia-Pacific partners. Its combined military classes are intended to increase international cooperation and teamwork on a small unit level.

“The Lightning Academy is great because we’re trying to make it where all of our partner nations can come here for training, and, in return, we can go to their countries for training,” said Sgt. 1st Class Dennis Kirk, platoon sergeant, Lightning Academy Pre-Ranger Combatives

and Lightning Leaders Course.

Training will strengthen trust and cultural awareness between the U.S. military and Pacific partners. The academy exposes trainees to tough and realistic training courses designed to challenge the individual’s mental and physical capabilities, as well as their critical thinking and leadership skills.

“The academy brings a lot of benefits to the units here. It gives service members an opportunity to train with subject matter experts,” said Sgt. 1st Class Scott Homer, senior instructor, Lightning Academy Air Assault course. “We will be able to train approximately 150 students per class. That’s potentially 150 service members graduating every two months who are capable of going back to their units and providing that expertise. It really enhances our ability to utilize training to fight.”

Preparation for the courses is simple, said

See ACADEMY A-5



A cadre member performs a demonstration of an Australian rappel and firing on the move during the activation ceremony of the Lightning Academy, held at the Training Complex, here, May 1. The academy currently consists of six courses and is available to service members of the U.S. military and its Asia-Pacific partners. (Photo by Staff Sgt. William Sallette, 25th Infantry Division Public Affairs)

# 8th MPs certify 71st Chem for CBRN in partnership exercise

Story and photos by  
**STAFF SGT. RICHARD SHERBA**  
8th Military Police Brigade Public Affairs  
8th Theater Sustainment Command

SCHOFIELD BARRACKS — A loud explosion suddenly disrupts a tranquil sunny morning, here. Suddenly, more than 60 role-playing victims were screaming “Help!” “Hurry!” “They went that way!” “I’m sick!” “There’s another bomb” as they ran from the simulated explosion, while others fell, succumbing to their fake injuries.

Chaos, right?

In a display like none other, the 8th Military Police Brigade, 8th Theater Sustainment Command, mobilized its diverse array of elements and assets in a consequence management exercise, April 24-25.

MPs from the 728th MP Battalion, 8th MP Bde., were first assessing the situation, securing the area and calling for additional assets. Within minutes, the 728th’s special reaction team was en route to search for and capture “suspects,” while explosive ordnance disposal Soldiers from the 303rd Ordnance Bn. arrived to diffuse a second bomb.

Federal firefighters came to evacuate, triage and identify hazardous materials, and the 71st Chemical Company set up to decontaminate victims, conducted reconnaissance of contaminated sites and packaged any evidence for investigations.

“This training exercise is designed to conduct incident command from an all-hazards approach, training and certifying various first response forces,” said Col. Mark Jackson, commander, 8th MP Bde. “It allows leaders to transition incident command from one scenario to the next, including law enforcement, EOD (explosive ordnance disposal), Federal Fire and 71st Chemical Company’s CBRN (chemical, biological, radiological and nuclear).”

Brig. Gen. Peggy Combs, 27th Chief of Chemical and Commandant, U.S. Army CBRN School, observed the intense training exercise.

“Well done by the exercise planners; well done by everyone here operating in an all-hazards approach,” she said. “I’m thrilled to see the all-hazards approach; that’s where we’re going with our CBRN forces. The partnership between MP, EOD and chemical is going to be an enduring partner-

ship, and any time we can exercise that interoperability makes us better as an Army.”

The exercise allowed the diverse units involved to train and be evaluated on their unique skill sets, resulting in the recertification of the 71st Chem. Co. on its ability to perform its mission.

The weather was demanding, with heavy downpours the first day, and heat, humidity and sun the next.

“It didn’t matter,” said Sgt. 1st Class Hans

See DECON A-5



The Federal Fire Department uses a truck-mounted water cannon, called a monitor, to conduct a hasty mass casualty decontamination on more than 60 role-playing victims during joint training with the 8th MP Bde., 8th TSC, as part of a two-day exercise, April 24-25.

# Hurricane season begins June

**U.S. ARMY GARRISON-HAWAII**  
Public Affairs Office

SCHOFIELD BARRACKS — There are two keys to weather safety: preparing for the risks and acting on those preparations when alerted.

U.S. Army Garrison-Hawaii officials say that Soldiers, families and civilians need to prepare now for a hurricane season that has a 38 percent probability of being above average.

Hurricanes are areas of warm air and low pressure that rotate in a counterclockwise direction in the northern hemisphere. They form over areas of warm ocean. Those passing over Hawaii are usually generated to the west of the lower Baja peninsula of Mexico.

The Pacific can expect 25.6 tropical storms and 16 hurricanes (also known in the Pacific as tropical depressions, cyclones or typhoons), with about half being intense, meaning sustained winds of 109 mph or higher), according to Dr. Adam Lea and

Professor Mark Saunders, University College London’s Department of Space and Climate Physics.

Possibly intense hurricanes are predicted to hit in August and September.

Because hurricanes make many turns along their path, it’s difficult to predict where they will go next. Weather satellites and flights by specially equipped aircraft have made prediction considerably more reliable.

“Always be prepared; prepare for the worst and hope for the best. It is a matter of life,” said Joe Barker, USAG-HI emergency response manager.

Historically, Oahu

has been hit by few hurricanes.

“You can look at a forecast and say a season is not going to be bad or say we are too inland to get much flooding or wind, but it only takes one hurricane to hit you to make your area bad,” Barker added.

Oahu residents need to enter the season

See HURRICANE A-5



What does it take to sustain yourself and your family? Visit [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com) to find out what you need.

## Tropical Language

Know your tropical terms? A tropical cyclone (TC) is a warm-core, non-frontal, synoptic-scale cyclen, originating over tropical or subtropical waters, with organized, deep convection and a closed-surface wind circulation about a well-defined center.

Once formed, a TC is maintained by the extraction of heat energy from the ocean at high temperature and heat export at the low temperatures of the upper troposphere.

Wind speeds below use the U.S. one-minute average:

**Tropical depression:** A TC with maximum sustained surface of 38 mph or less.

**Tropical storm:** A TC with winds of

39-73 mph.

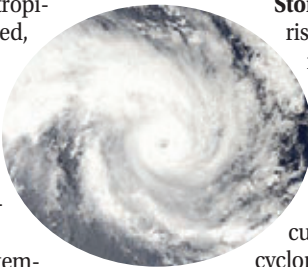
**Hurricane:** A TC in which the maximum sustained surface wind is 74 mph or more.

**Storm surge:** An abnormal rise in sea level accompanying a hurricane or other intense storm, and whose height is the difference between the observed sea level and the level that would’ve occurred in the absence of the cyclone.

**Storm tide:** The actual level of seawater resulting from the astronomic tide combined with the storm surge.

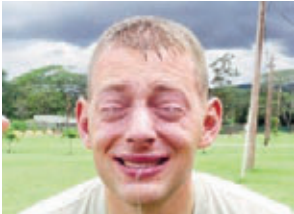
**Hurricane warning:** Issued 36 hours in advance of the anticipated onset of tropical storm force winds.

**Hurricane watch:** Similar to a warning, except issued 48 hours in advance.



## Extreme MPs | A-4

Pepper spray in the face? Yes, please!



## Dog days of spring | A-5

3rd BCT deploys to AMR to rescue Ranger.

## 8th MPs make a difference | B-1

Assorted agencies assemble for a day to help the community.



## Camps for summer | B-4

Fun for younger family members begins with registration.





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Public Affairs Office  
314 Sasaoka St., WAAF Building 300, Room 105  
Schofield Barracks, HI 96857-5000  
**Website:**  
www.hawaiiarmyweekly.com  
**Nondelivery or distribution**  
656-3155 or 656-3156

Contributing Tenant Commands  
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Police Call

MP patrols respond to firearms violations

Gun owners must follow the rules

COL. MARK JACKSON

Director, Emergency Services, U.S. Army Garrison-Hawaii, and Commander, 8th Military Police Brigade, 8th Theater Sustainment Command

Recently, the Directorate of Emergency Services encountered a number of cases involving the improper use, storage and registration of privately owned firearms on post.

According to policy, firearms stored in garrison must be registered with the State of Hawaii. Additionally, residents in Island Palm Communities quarters are required to register their firearms with the Provost Marshal Office within three working days of occupying quarters.

When visiting the PMO, be sure to take your Hawaii State registration permit with you.

Soldiers residing in the barracks are also required to register their weapons with their corresponding PMO.

(For helpful links and the personal firearms policy, see the full story online at www.hawaiiarmyweekly.com.)

The Blotter

The following are excerpts of actual MP blotter entries from the U. S. Army Garrison-Hawaii area of operations. Subjects are innocent until proven guilty.

Assault, Failure to Obey a General Order

Military Police responded to a domestic disturbance with assault that occurred on Schofield Barracks, Feb 8.

During the investigation, the suspect verbally confessed to grabbing his spouse's wrist, restraining her on a bed and locking her in a closet. The suspect also admitted to having two fully loaded firearms (one AR-15 and one Remington 700) stored in his quarters.

While the weapons were verified to be registered in the State of Hawaii, they weren't registered with the installation. The weapons and ammunition were confiscated and stored in the unit arms room.

The suspect was apprehended,



Jackson

processed and released to his representative.

Failure to Obey a General Order

Feb. 8, a Soldier was caught with two handguns and five rounds of ammunition in his barracks room during a health and welfare inspection. MPs apprehended the Soldier. He was processed and later released to his unit.

Assault, Communicating a Threat, and Failure to Obey a General Order

March 31, MPs responded to a domestic disturbance on Aliamanu Military Reservation after the suspect threw clothes and shoes at the victim before threatening the victim with a pistol.

The suspect voluntarily surrendered his weapon, which was registered in the State of Hawaii, but was not registered with the Fort Shafter Police Station. The weapon was confiscated as evidence.

The suspect was apprehended, processed at the police station and released to his unit. The case continues to be investigated.

Terroristic Threats 1st Degree (HRS 707-716)

Schofield DES was notified of terror-

istic threats that occurred on April 8.

While IPC employees were renovating his bathroom, the family member subject entered the room and stated, "Get out of my house. You are trespassing, and I'm sick of them (IPC), if they think I'm not serious."

The subject made this statement while displaying a pump action shotgun. He then worked the pump, which ejected a shell out of the chamber.

The subject reported to the Schofield Barracks police station for processing. All registered weapons at the residence were retrieved and secured in the sponsor's unit arms room.

The subject was barred from all U. S. Army Garrison-Hawaii installations for a period of three years.

Failure to Obey a General Order

April 10, a service member and a civilian were stopped by MPs after a complaint that they were firing a bow and arrow on Schofield Barracks. The civilian was escorted off the installation and advised to not bring the weapons back onto post. The service member was apprehended, processed at the Schofield police station and later released to a unit representative.

BACKTObASICS

CSDP accounts for the property you're issued

SGT. 1ST CLASS DERRICK LAWSON

18th Medical Command (Deployment Support) Supply

Most of us think about basic training when we hear the term "back to the basics."

This article isn't about the basic fundamentals of soldiering; it is about the basics of maintaining accountability for your assigned equipment.

The Army has been at war for the past 12 years, and one of the basic fundamentals we need to get back to is property accountability, which is a warfighting capability that impacts unit readiness.

It's time to re-engage the Command Supply Discipline Program (CSDP) and understand its purpose for all units. All users of military equipment have to take the time to read the regulations and reinforce the standards of safeguarding property.

The purpose of the CSDP is to establish supply discipline as a regulatory guidance, standardize supply discipline requirements, provide responsible personnel with a single listing of supply policy requirements, make the Army more efficient with respect to time spent monitoring subordinates' actions, eliminate repeat findings of noncompliance with policy, and serve as a checklist for internal management controls.

The conduct of a thorough inventory immediately after becoming responsible for equipment should happen at every level. We must all maintain strict accountability for our equipment down to the smallest component items of the major end item.

So, how do we get back to the basics in property accountability? The first thing is to understand your role. The person who signs for property from the property book officer (PBO) is called the primary hand receipt holder (PHRH). His or her signature indicates that he or she has received the property and

accepted responsibility for it.

If the PHRH then further issues a subordinate has the property. The subordinate who signed for the property is known as the sub-hand receipt holder (SHRH); by signing, he or she acknowledges responsibility.

An inventory must be done to make sure all the property listed on the hand receipt and being signed for is actually there. Inventory all the property including components of end item and verify the serial numbers before you sign the hand receipt.

Some of the ways in which the 18th MEDCOM (DS) focused on getting back to the basics in supply discipline include implementing of an excess expendable supply turn-in throughout all sections; incorporating supply discipline into leader development programs; conducting quarterly CSDP evaluations; enforcing joint inventory with the outgoing hand receipt holders; verifying the component hand receipt and shortage annexes, if there are any; holding hand receipt holders accountable for the loss of property they signed for; and redistributing of excess supplies directly from the supply sergeant. These steps enable our unit to identify, acquire, account, control and store all office supplies more efficiently.

The company commander and his supply representative ensure that Soldiers leaving the organization for more than 30 calendar days reassign all property. This method helps the commander conduct his cyclic inventory in a timely manner.

All personnel are responsible for safeguarding the equipment they have signed for and to be good stewards of our nation's resources.

Today, as the Army operates under austere conditions, we must protect resources from fraud, waste and abuse, and leaders must reinforce standards and get back to the basics of property accountability.

(Editor's note: CSDP is outlined in Army Regulation 710-2, Appendix B and Army Regulation 735-5, Chapter 11. Lawson is the senior supply sergeant at 18th MEDCOM (DS) Supply.)



Lawson

First STEPS in FAITH

Mothers lighten burdens

Moms are a blessing

CHAPLAIN (LT. COL.) DONALD EUBANK

U.S. Army Garrison-Hawaii

Sunday is a big day in the life of mothers.

In fact, our country has celebrated Mother's Day on the second Sunday in May ever since President Woodrow Wilson proclaimed it as a national holiday in 1914.

Mothers are God's precious blessing to humanity.

What a wonderful gift to us that God didn't deprive us of the opportunity to experience a pure and unconditional love through our mothers.

I was blessed with a mother who taught me these things:

- Love often times requires personal sacrifice.
- Being together with your family can make any burden light.
- Praying for your family is the best gift a mother can ever give.
- A mother can be your best friend forever.

•Taking a day to go fishing, or a weekend to go camping, can be incredibly fun.

•Saying "I am sorry" is the key to peace in the family.

And my mother taught me so much more.

As we grow up, we learn that our mothers are not perfect. They actually have problems of their own that frequently have to be put on hold because our needs come first.

I often wondered how my mother could give so much of herself to all us kids. Mom loved us and cared for us, even when we made her life difficult by our quarreling and selfishness.

I believe that there are many women whose lives are enriched and expanded through their mothering of children. I guess it is because mother seems to be the center of a child's universe that we expect



Eubank

so much of them.

Mother is the source of protection, nurture, care and a sense of well-being. In the most difficult times, a mother's love can make our worst hurts, whether they be physical, spiritual or emotional, seem bearable by her special touch, hug, kiss or a soft touch to our brows.

My mother spent her final years in a nursing home due to several debilitating strokes. Before my mother passed away, I found great comfort in each visit, holding her hand, feeling her gentle touch and receiving her tender kiss.

Though I was no longer a little boy, I will always be her loving son, and she will always be my loving mother.

This wonderful tradition of honoring our mothers began with Julia Ward Howe in 1872. Howe, who wrote "Battle Hymn of the Republic," saw Mother's Day as being dedicated to peace. She wanted to use Mother's Day to help heal the scars that had resulted from the Civil War.

Then, in 1908, a Philadelphia woman by the name of Anna Jarvis, grieving and struggling for some way to honor her mother, held a ceremony in Grafton, WVa. Jarvis was so moved by what she experienced that she embarked on a national campaign to have our country honor the many contributions that mothers make.

In 1910, West Virginia became the first state to celebrate Mother's Day. A year later, most of the country's other states officially set aside the day as well.

The momentum was obviously too great for President Wilson to refuse Jarvis' quest to honor her own mother by designating a day each year for all of us to honor our mothers.

Anna Jarvis was grieved by how Mother's Day became so commercialized, but we don't need to let all the commercialization discourage us from expressing love to our mothers.

This week, today, or on Mother's Day, let each of us tell our mothers how much we love and appreciate them, how grateful we are for all that they have done for us.

Voices of Ohana

Mother's Day is May 12.

"What is one lesson from your mother that you've never forgotten?"

Photos by 311th Signal Command (Theater) Public Affairs



"Never let them see you sweat."

**Master Sgt. Magali Cox**  
Sergeant major, 311th SC(T)



"Work hard and whatever you do, do it well."

**Chief Warrant Officer 5 Maria Martinez**  
Command senior logistics officer, 8th TSC



"Humility, and to treat others how you want to be treated."

**Chief Warrant Officer 3 Evelio Rodriguez**  
Senior ordnance logistics officer, 8th MP Bde., 8th TSC



"Importance of discipline and punctuality."

**Chief Warrant Officer 3 Lisa Dee Standing Bear-Torrone**  
Ammunition warrant officer, 45th Sust. Bde., 8th TSC



"Be courteous, treat others how you want to be treated and respect your elders."

**Sgt. Jonathan Welch**  
Information management office NCOIC, 311th SC(T)



# Defense Secretary to make furlough decision soon

**JIM GARAMONE**  
American Forces Press Service

WASHINGTON — Defense Secretary Chuck Hagel will make a decision soon on the scope of civilian furloughs in response to sequestration spending cuts, Pentagon Press Secretary George Little said May 2.

Hagel is reviewing analysis on the budget “and he’ll reach a decision in the near future,” Little told reporters.

Little acknowledged news reports that some services contend they do not need to use furloughs to make their sequestration goals.

“There are different pockets of money in different places for each of the services,” he said. “To be totally straightforward, the math does work for some services to avoid some furloughs, at a minimum. For other services, it is harder.”



SECDEF Chuck Hagel speaks of the challenges facing the DOD during a speech at the National Defense University on Fort McNair, April 3. (Photo by Glenn Fawcett, Department of Defense)

The general principle so far has been “one team, one fight” inside the department to be consistent, the press secretary said. “That’s an understandable position,” he added.

Still, he said, Hagel is reviewing the DOD budget and the constraints the department is operating under.

“We’re in the middle of a \$37 billion to \$40 billion cut over a six-month period, and we need to look closely at that, but I expect him to make a decision soon,” the spokesman said.

The situation “points out the absurdity of sequestration,” Little said.

“You don’t have a lot of choice, in some cases, over where to save money and where to cut,” he added. “The across-the-board cut is forcing some tough decisions. The goal of the furlough so far ... is to ensure, at least on this issue, there is some

“You don’t have a lot of choice, in some cases, over where to save money and where to cut.”

— **George Little**  
Pentagon Press Secretary

consistency.”

When originally proposed, all DOD civilian personnel were going to be furloughed for 22 days during the remainder of fiscal year 2013, which ends Sept. 30. Officials since have reduced that estimate to 14 days.

DOD officials are examining requests for exemptions, Little said.

## USPACOM commander visits Bronco’s live-fire

**STAFF SGT. CASHMERE JEFFERSON AND SGT. BRIAN ERICKSON**  
3rd Brigade Combat Team Public Affairs Office  
25th Infantry Division

SCHOFIELD BARRACKS — The dust, smoke and noise of explosions, small arms fire and artillery on Area X, here, demonstrate just a fraction of 3rd Brigade Combat Team, 25th Infantry Division’s capabilities.

Seeing was believing as the “Bronco” brigade hosted a visit by Navy Adm. Samuel Locklear III, commander, U.S. Pacific Command, May 1.

Locklear’s visit to the field was to observe Bronco Rumble, a company-level, live-fire exercise.

“I hope he didn’t wear his whites,” said Col. Brian Eifler, commander, 3rd BCT, as he awaited Locklear’s arrival.

As the 25th ID has ended its role in Afghanistan and picks up its new mission focus in the Pacific, Eifler observed and said, “Now that we are part of the equation again, it’s great for him to come out to see what a BCT can offer. We have a great company lined up for him to see, so I think he’ll get a good perspective. ... I have no doubt.”

The brigade is dedicated to developing leaders and service members with critical thinking and

tactical skills, while remaining prepared to support the Army’s mission in the Pacific.

Bronco Rumble increases future interoperability with Pacific partners while sustaining combat readiness.

“The primary purpose of this live fire is synchronizing maneuver with all the fires capabilities and all the additional enablers,” said Lt. Col. James Bartholomees, commander, 2nd Battalion, 35th Inf. Regiment, “Cacti,” 3rd BCT.

The PACOM commander got a first-hand look at the unit that will be in the chute for the contingent response force mission.

In the eyes of the Cacti commander, this exercise was a great opportunity to display what his unit can offer to PACOM.

“I am really excited about the fact that he gets to see our battalion because we will assume the contingent response force mission first,” said Bartholomees. “We will be his light infantry battalion for the Pacific region.

“This is an opportunity for us to display our capabilities at the highest spectrum of decisive action and operations in a company live-fire exercise,” Bartholomees added. “We are honored to have (had him) come out and observe our training.”



Lt. Col. James Bartholomees (left), commander, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, briefs Navy Adm. Samuel Locklear III (center), commander, U.S. Pacific Command, at Area X during his unit’s participation in Bronco Rumble, May 1. Bronco Rumble is a combined arms live-fire exercise being conducted May 1-14 to develop leaders and service members with critical thinking and tactical skills, while remaining prepared to support the Army’s mission in the Pacific. (Photo by 1st Lt. Zachary Kohl, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division)



Soldiers with the 5th BCD, 94th AAMDC, provide Australian Maj. Gen. Richard Burr (right), deputy general of operations, U.S. Army-Pacific, with an overview briefing of the 5th BCD and the Air and Space Operations Center, April 29. (Photo by Staff Sgt. John Johnson III, 94th Army Air and Missile Defense Command Public Affairs)

## Burr visits 5th BCD, receives overview briefing, unit history

**STAFF SGT. PATRICK NAUGLE**  
5th Battlefield Coordination Detachment  
94th Army Air and Missile Defense Command

JOINT BASE PEARL HARBOR-HICKAM — The 5th Battlefield Coordination Detachment, 94th Army Air and Missile Defense Command, hosted Australian Maj. Gen. Richard Burr, the U.S. Army-Pacific deputy general of operations, for an overview briefing of the BCD and the Air and Space Operations Center, April 29.

Col. Jon Howerton, 5th BCD commander, discussed the overall BCD mission and its value to the Pacific.

The briefing demonstrated the capabilities of the BCD and how it supports air operations in the Pacific.

The visit included a 5th BCD operations update, an office call with Air Force Maj. Gen. Russell Handy, director of Operations, Plans, Requirements and Programs, Headquarters, Pacific Air Forces, and a 613th Air

Operations Center (AOC) orientation.

“The briefing offered some history, the functions typically occurring within the 613th AOC, the operational environment, as well as a look at the BCD community,” said Sgt. Maj. William Moore, 5th BCD, sharing his insight on Burr’s briefing.

Burr took the opportunity to ask important questions about BCD in order to make key decisions, expressing his interest in the alignment of the BCD with sister services and partner nations.

He emphasized the importance of maintaining communication with our partners through the most up-to-date digital systems.

Burr took some time during the briefings to answer questions from the members of the BCD, and he gave them his unique perspective from an Australian army point of view.

*(Editor’s note: Naugle is the unit public affairs representative for 5th BCD.)*





# 25th ID MPs endure extreme pepper spray training

**1ST. LT. ZACHARY KOHL**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — Tears, sweat and snot ran down Soldiers’ faces, as military police units from across the 25th Infantry Division participated in pepper spray training at Area X, here, April 24.

The training was designed to prepare MPs for difficult future situations, including dangerous riots where tear gas might be used extensively.

“The end state of the training is for them to be able to successfully detain a subject or aggressor using OC spray or the teaser,” said Staff Sgt. Nicholas Jones, S3 section, Headquarters and Headquarters Battalion, 25th ID, referring to ooresin capsicum, an incredibly high-grade pepper spray.

After getting dowsed, MPs had to perform a series of difficult tactical maneuvers, both individually and with a buddy.

Imagine a pepper 457 times hotter than a jalapeno, blended up and then sprayed into your eyes, and then you will start to get the idea of what these MPs went through.

According to the Scoville Scale, a scientific measurement used for determining the relative heat of a pepper, a jalapeno registers at about 3,500 Scoville units. OC spray clocks in at about 1.6 million Scoville units.

“It makes you feel like you are on fire,” said Spc. David Barreiro, HH Company, 3rd Brigade Special Troops Battalion, 3rd Brigade Combat Team, 25th ID.

The weeklong course taught Soldiers to use a variety of nonlethal weapons to bring down a noncompliant individual.

“I feel really prepared,” said Barreiro.

Difficult and unusual training gives MPs confidence in their equipment, and the knowledge of being responsible and effective



A 25th ID military policeman takes a stream of OC pepper spray in the face as he learns nonlethal means of defense during training at Area X, April 24. (Photo courtesy 3rd Brigade Combat Team Public Affairs)

when using this type of defensive weapon.

“It is important that we know our nonlethal capabilities, so that if we are to employ the OC spray on a subject that we are about to apprehend, that we understand what they are going to go through” explained Pvt. Christopher Patton, HHC, 3rd BSTB, 3rd BCTB.

Overall, the training showed how nonlethal systems could completely incapacitate an individual for a short period of time. The bottom line is, don’t think you will be able to fight with a police officer once the OC spray comes out.

“They don’t have any idea how much damage we can do with a little can,” said Barreiro.

# Engineers build concrete pads, preserve aviation history

Story and photo by  
**2ND LT. ANGELA SMITH**  
84th Engineer Battalion, 130th Engineer Brigade  
8th Theater Sustainment Command

WHEELER ARMY AIRFIELD — Two concrete pads were recently constructed, here, by the 26th Concrete Detachment, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, to hold museum aircraft pieces for the joint 25th Combat Aviation Brigade and the Tropic Lightning Museum Memorial.

Prior to construction, the helicopters were sitting on an improvised arrangement of garden cement blocks.

“The newly constructed concrete pads will help to preserve the proud legacy and accomplishments of our 25th aviation Soldiers from the past,” said Maj. Brian Angel, executive officer, 25th CAB, highlighting the importance of the pads. “The legacy of the Cobra and the Huey set the stage for the aviation Soldiers of today, and it is fitting to have the displays improved.

“With the addition of the new concrete pads,” Angel continued, “the 25th CAB, our community and guests who visit Wheeler Army Airfield into the future will be able to better appreciate the historical foundations of Army aviation.”

For this project, the detachment worked with Soldiers from the 643rd Vertical Construction Company, 142nd Survey and Design Det., of the 84th Eng. Bn., and the 130th Eng. Bde.

“We are thrilled that, with the combined help of Soldiers from the 130th Eng. Bde., the CAB, 25th ID, and the 25th ID staff, the in-



Soldiers from the 26th Concrete Det., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, use an M5 mobile mixer to pour concrete into the first of two pads built to support museum aircraft pieces for the joint 25th CAB and Tropic Lightning Museum memorial.

stallation of concrete pads under the aircraft at the aviation memorial has become a reality,” said Kathleen Ramsden, curator, Tropic Lightning Museum. We are so thankful to everyone involved in this project for making it happen.”

The 26th Concrete Det. is one of only seven like units in the Army, and the sole military unit of its specialty in Hawaii. It uses an M5 concrete mobile mixer (the detachment has three M5s) for all of its concrete production operations.

This piece of equipment is ideal, because there are no time constraints like a typical in-transit concrete mixer might have: Load all of the materials separately into the mobile and then transport them to the construction site, where it produces concrete on demand.

The M5 mixer is, more or less, a roaming concrete plant. Waiting hours or days to pour is not an issue because the materials only mix together right as the concrete comes out of the mobile.

Not all construction companies have this piece of equipment, because it takes highly skilled operators like those in the 26th Concrete Det. who understand how their mixes affect the compressive strength of the concrete. They also understand how to operate the different material gates and systems on the mobile mixer.

The operators possess skill sets unique to other concrete detachments, which include the ability to operate the palletized load system vehicles that transport their mobile concrete modules, concrete finish work, formwork and other construction skill sets.



# Scouts rescue trapped dog

**STAFF SGT. CASHMERE JEFFERSON AND  
1ST LT. ZACKARY KOHL**  
3rd Brigade Combat Team Public Affairs Office  
25th Infantry Division

ALIAMANU MILITARY RESERVATION — For more than four days, neighbors heard the cries of a dog stuck on the hillside, here, until residents Command Sgt. Maj. Roy Rocco, 325th Brigade Support Battalion, “Mustangs,” 3rd Bde. Combat Team, 25th Infantry Division, and his wife, Divina, took action to rescue it.

“The dog sounded like it was in distress, and it was distressing us,” said Divina.

They hiked up the steep hillside near their home and located the trapped pooch, and called the local authorities, who didn’t have the necessary equipment to rescue the dog.

“They pretty much gave up on it,” said Rocco, but command sergeants major don’t take “no” for an answer.

Rocco called Command Sgt. Maj. Jeffrey Sweezer, senior enlisted leader of the 2nd Battalion, 35th Infantry Regiment, 3rd BCT, who deployed three of his best scouts to do the job.

Sgt. 1st Class Tyler Dennee, Staff Sgt. Mark Roper and Sgt. Cody Graves, Scout Platoon, 2-35th Inf., 3rd BCT, all air assault qualified, met Rocco at his house with their equipment to get started.

“We figured that America needed us, so we rappelled off the rock face to get the dog.” said Dennee. “It took us about an hour from the time we got on site to rescue the dog, but the hardest part was getting him to come to us. You could tell he was very scared and tired.”

The rescue team got backup from other scouts.

“There was a lot of help from our Charlie Company, who gave us the rappelling equipment we needed and from my platoon leader, who allowed me to have the time to set aside from our military focused mission to assist the community,” said Dennee.

The scouts decided to name the dog “Ranger” before handing him over to the proper authorities



Sgt. 1st Class Tyler Dennee, infantryman, Scout Platoon, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, rappels down a rocky hillside, April 21, to rescue a dog that was trapped there for four days. The scouts named the dog Ranger. (Photo by Command Sgt. Maj. Roy Rocco, 325th Brigade Support Battalion, 3rd Bde. Combat Team, 25th ID)

for further care. He is now with the Hawaiian Humane Society and available for adoption.

“At the end of the day, it was pretty rewarding knowing that the neighborhood didn’t have to worry about the dog being stuck outside anymore. The animal was safe, and that made it worthwhile,” Dennee added.

# Academy: Safety ranks Number 1

CONTINUED FROM A-1

Homer. The instructors will teach everything the students need to know to be successful in their course. They just need to come physically fit and ready to work hard.

All cadre have been trained extensively in their field to ensure safety and competence for their students.

“Safety is our number one concern in everything we do here,” said Kirk. “With all the courses that we run, we ensure that, as leaders, we’re doing everything correctly. At every high-risk training event, we have a medic present and everyone is Combat Life Saver certified.”

“Quality training is truly the cornerstone in effectively preparing Soldiers for combat. Training that is relevant, tough and realistic creates competent, adaptable and resilient Soldiers,” said Maj. Gen. Kurt Fuller, commander, 25th ID. “The Lightning Academy will aim to do just that.

“But beyond Schofield Barracks and Hawaii, the Lightning Academy will provide us with a world-class training venue where we can build and sustain our regional partnerships,” he added.

### Courses

Current Lighting Academy Courses follow:

- Lightning Leaders;
- Pre-Ranger;
- Combatives, levels one and two;
- Adaptive Leaders Program;
- Tactical Rifle; and
- Air Assault.

Each course is run independently. Service members interested in multiple courses must apply separately for each course through their individual units.

Each brigade will be allocated slots.

# Hurricane: Now is time to prepare

CONTINUED FROM A-1

prepared with a severe weather kit, which includes plenty of nonperishable food items that do not need to be heated up, small tools, first aid, flashlights and batteries, and a several day supply of medication.

Before the storm, get plenty of fuel for vehicles and generators, a supply of water for cleaning and cooking.

Pay attention to local weather reports on radio, television or the Internet, and keep important papers and valuables in a safe place, such as in a waterproof

lockbox.

According to [www.ready.gov/hurricanes](http://www.ready.gov/hurricanes), never use a generator inside homes, garages, crawlspaces, sheds or similar areas, even when using fans or opening doors and windows for ventilation. Deadly levels of carbon monoxide can quickly build up in these areas and can linger for hours, even after the generator has shut off.

Visit [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com) for additional information and hurricane safety tips.

*(Editor’s note: Sara Martin, Fort Rucker, Ala., contributed to this story.)*

# DECON: Rain, mud and humidity don’t slow 8th MP/71st Chemical field exercise

CONTINUED FROM A-1

Drupiewski, platoon sergeant, 2nd Platoon, 71st Chem. Co., of the weather. “Our (71st Chem. Co.) set up time from yesterday in the pouring rain, with mud everywhere, was identical to the set up time today in nice sunny weather with no mud.”

Once the last simulated patient was treated and Soldiers got an opportunity to catch their breath, Sgt. Nichelle Bishop, team leader, 1st Decontamination (DECON) Pltn., 71st Chem. Co., took time to reflect on the training and all of the different elements involved, working together during the exercise.

“It was a good collaboration,” she said. “That’s

what the Army does, and that’s what we do best. Having everyone and everything come together, it was awesome. I could do this again and again and again. I love my job.”

The brigade commander also spoke about the exercise and of the Soldiers’ performance.

“This exercise certified the 71st Chem. Co., as well as the 728th MP Bn.’s Special Reaction

Team,” said Jackson. “We have conducted certification exercises for 71st Chem., SRT and other MP units in the past, but this was the first time in recent memory that we have planned and executed certification from an all-hazards perspective that also exercised our incident command systems and processes across multiple echelons and a wide variety of first responders.”

# Records ‘gatekeeper’ keeps forms center in business

Story and photo by  
**SARAH PACHECO**  
Staff Writer

EAST RANGE — A lone man sits in a quiet warehouse, here, surrounded by rows of file cabinets and stacks of papers.

But he is no ordinary man; he is the gatekeeper for the U.S. Army Garrison-Hawaii’s Records Holding Area/Forms Center, the protector of dozens of Army forms essential to military units and civilian organizations.

Yet, many are unaware that he or the center exists.

“I can’t tell you the number of times

I’ve had people come in here saying they didn’t know about this place,” said Boyer, forms and publications control officer, Administrative Services Division, Directorate of Human Resources, USAG-HI.

“What’s happening is that I’m losing institutional memory because of the high turnover within Army units,” he said. “We’re losing that continuity, and I’m sure that’s inconvenient for Soldiers, leaders and the whole ball of wax.”

The forms center has been operating from its current location, here, since 1996. Housed within its walls are more

than 160 Army-related high-use, sensitive and accountable blank forms, including maintenance records and condition tags, promotion certificates, Army/civilian awards and courier cards.

The center also stocks and issues Honolulu City and County nonresidency vehicle registration forms for Army personnel and is the contact for opening publications accounts with the Army Publishing Directorate.

In his role, Boyer assists units in maintaining accounts and with proper account management and training.

“This organization’s primary function is to service the Soldiers, and I’m not giving them the best possible service because they don’t know I exist, at least not to the degree that they should,” Boyer said. “If you need forms, talk to me; come here.”

The center also stocked and issued Army publications previously, but with many now available electronically, this function is now maintained through unit publications accounts with the Army Publishing Directorate in St. Louis, Mo.

The forms center no longer stocks or issues publications of any kind, other than those associated with the Voting Assistance Program.



Don Boyer (right), forms and publications control officer, Records Holding Area/Forms Center, Administrative Services Division, DHR, USAG-HI, helps Sgt. Pamela Hebert, human resources sergeant, 325th Brigade Support Battalion, 3rd Bde. Combat Team, 25th Infantry Division, find the correct forms she needs at the Records Holding Area/Forms Center, April 30.



### NEWS Briefs

Send announcements for Soldiers and civilian employees to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

#### Today

**60th Korean War Commemoration** — Today is the deadline for Korean War veterans attending an American Legion recognition ceremony (in conjunction with the Department of Defense’s 60th Korean War anniversary commemoration activities), May 25, to provide their contact information

and T-shirt sizes for shirts and certificates.

The ceremony takes place Memorial Day weekend at the Oahu Veterans Center. Call 682-1949.

#### 13 / Monday

**Road Closure** — From 7 a.m.-5 p.m., Wisser Road and 7th Street, Fort Shafter, will be closed. Watch for detour signs and flagmen directing traffic. Call 835-4477.

#### 17 / Friday

**Schofield Asian-Pacific Celebration** — This year’s theme is “Building Leadership: Embracing Cultural Values and Inclusion.” The event takes place at 10:30 a.m. at Sgt. Smith Theater. Call 655-0053.

#### DFACs & Asia-Pacific

The Warrior Inn, K-Quad and

Wings of Lightning dining facilities will offer special Asian menus to celebrate Asian-Pacific Month. Check at your favorite chow hall for specifics. Chopsticks optional.

#### 28 / Tuesday

**Facebook Town Hall** — Attend the quarterly online USAG-HI Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, from 6-7:30 p.m., at [www.facebook.com/usaghawaii](http://www.facebook.com/usaghawaii), under the Events tab.

#### 31 / Friday

**DKO Ends** — Defense Knowledge Online reaches the end of its life. June 1, DKO account holders won’t have access. Users wishing to retain content stored on DKO must download it before May 31; any remaining data will be deleted.

To transfer data, go to <https://efs.deps.mil/>.

#### June 1 / Saturday

**Hurricane Preparedness** — The annual hurricane season in Hawaii runs from June 1 to Dec. 1. It is important that all residents, whether living on or off post, have a basic emergency supply kit with food, water and other essentials good for 3-5 days. For a list of recommended items to include in your emergency kits, call 656-0219 or ask for a copy at [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

#### 14 / Friday

**Happy Birthday** — The 238th Army birthday takes place at the Hilton Hawaiian Village. Contact your unit representa-

tive or check future News Briefs for updates.

#### 24 / Monday

**ICS 300 & 400** — Supervisors in positions requiring them to participate in emergency operations may attend FEMA’s Incident Command System training courses 300 and 400, in the U.S. Army Reserve Bldg. 1554. Register at [www.eventandexercise.com/homepage.php?eventid=124](http://www.eventandexercise.com/homepage.php?eventid=124) or call 438-5176.

#### Ongoing

**ESGR Award** — Employer Support of the Guard and Reserve (ESGR), a Department of Defense operational committee, announced that two Hawaii employers have been selected as semifinalists for the 2013 Secretary of Defense Employer

Support Freedom Award. This year, 138 semifinalists stood out among 2,899 employers nominated by a Guard or Reserve employee.

The Hawaii employers named semifinalists are the Honolulu Police Department and the Native Hawaiian Veterans, LLC of Honolulu.

ESGR will announce the 2013 Freedom Award finalists this month after a review board comprised of military and civilian leaders selects the 30 most supportive employers. Email [ESGR-PA@osd.mil](mailto:ESGR-PA@osd.mil) or call 672-1246 or (571) 372-0705 for more.

**Walker Bridge Replacement** — Construction work continues, causing Fort Shafter traffic pattern changes that will be in effect through Oct. 30 while the bridge is replaced. Call 835-4242/4243.



## Make a Difference Day



Sgt. Mindy High, paralegal noncommissioned officer, Headquarters and Headquarters Company, 8th MP Bde., 8th TSC, paints the faces of fellow Soldiers' children during the inaugural 8th TCS's "Make a Difference Day," put on by the 8th MP Bde., here, May 3. The event was not only educational but allowed time for fun in a care-free atmosphere that was filled with balloons, face painting, music and games.

# 8th MP's launch inaugural event by targeting family assistance

## Community partnership effort a key component

Story and photos by  
**STAFF SGT. RICHARD SHERBA**  
8th Military Police Brigade Public Affairs  
8th Theater Sustainment Command

**SCHOFIELD BARRACKS** — Anyone familiar with military life knows Soldiers and their families are busy, to say the least, and with the many day-to-day obligations that military families incur, they may not have the time to take advantage of the opportunities available to them that come with living in a military community.

The 8th Military Police Brigade, 8th Theater Sustainment Command, held its inaugural "Make a Difference Day," May 3, to change that, not only for one day but also for years to come.

"With this event, we (8th MP Bde.) wanted to make sure that we brought out agencies who would help our Soldiers and family members become empowered about making a difference in their lives and in the lives of their family members," said Staff Sgt. Yvonne Brooks, chaplain's assistant, 8th MP Bde.

More than 20 agencies were brought to-

gether in one central location on Hamilton Field at Schofield Barracks to make it easier for Soldiers and their families to register, learn, volunteer and be better informed.

"It was a community effort," said Brooks, the brainchild behind the 8th MP Bde.'s event. "Many people were involved in getting these agencies out here. Some (agencies) were my contacts over the years of working here as a chaplain's assistant, and some were agencies that showed an interest in helping Soldiers and were actively looking for opportunities to come to our Soldiers."

One such agency was Army Community Service.

"The more families know about what is

in their community, the more we can help them and assist them in a positive way,"

said Stacy Timmins, a social services specialist at ACS.

"This is a great event to get some of the services that are available here on post to the families, because sometimes Soldiers get so busy during the day that they forget to bring home that information. This is a great way for us to reach out to the families and let them know what is available here on post."

Soldiers and their families spent the morning not only

becoming better informed on resiliency, healthy living, volunteerism and services available to them, but also enjoyed being with their co-workers in a fun carefree atmosphere that was filled with balloons, face painting, music, games and a children's inflatable bounce house.

Katie Chapman, spouse of Staff Sgt. Steve Chapman, 552nd MP Company, 728th MP Battalion, 8th MP Bde., spoke about the opportunity for her children to spend the morning with their father at work.

"Time with daddy, in his environment, with other Soldiers, they love it," she said, "especially when we're out doing activities, getting their faces painted and having fun. They are so proud of their dad. It was a great day."

As the event came to an end, the chaplain's assistant took a moment to reflect on the morning's event.

"I wanted people to be able to walk 10 steps and find exactly what they were looking for," Brooks said. "If there was anything they were wondering about or questioning, that agency was right there to answer their questions, and if they weren't, that agency will be here next year."

"I think that as long as we get people involved in their community, they will take ownership of it. They will become community leaders, and that's what the goal is. We want to make a difference," Brooks added.



Personnel from Fire and Emergency Services discuss with Soldiers about what FES provides and how to prevent and respond to fires.



Soldiers participate in and watch a demonstration on parenting skills put on by Army Community Service during the inaugural "Make a Difference Day," provided by the 8th MP Bde., 8th TSC, May 3.

## Hawaii Military Appreciation Month Events

The month of May is the 28th Annual Hawaii Military Appreciation Month to honor Hawaii-based troops and their families.

Events began April 26 with "An Evening of Aloha" at the USS Missouri. They continued May 1 with a combined military band concert at the Hale Koa Hotel, and then a Hawaii Military Recognition Luncheon at the Hilton Hawaiian Village, May 9.

Local government officials and business and civic leaders, along with military leadership, have planned several more events to celebrate military ohana.

**May 10, Downtown Honolulu Concert** — The Air Force Pacific Band-Hawaii will entertain with a free and open to the public concert, noon-1 p.m., at Tamarind Square, Bishop Street and Beretania in downtown Honolulu.

**May 10, Henry Kapon Salute to the Troops Concert** — Hawaii music icon Henry Kapon and friends entertain in concert, 7:30 p.m., at the Hawaii Theatre. Military discounted tickets can be purchased at the box office or online at [www.HawaiiTheatre.com](http://www.HawaiiTheatre.com). Call 528-0506.

**May 11, Pacific Aviation Museum** — See the instruments of a World War II fighter or modern-day jet fighter at Open Cockpit Day, 9 a.m.-5 p.m., May 11, at Pacific Aviation Museum, Pearl Harbor, in Hangar 79. Free with paid museum admission and free for museum members.

Parental supervision is required for keiki ages 10 and younger. Call 441-1007 or visit [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org).

**May 14, Army Birthday Commemoration** — U.S. Army-Pacific will hold a commemoration for the Army's 238th birthday at 6:30 p.m., June 14, at the Hilton Hawaiian Village. Cocktail hour begins at 5:30 p.m. For more details, contact your unit representative or call 438-9761.

**May 18, Living History Day** — The U.S. Army Museum of Hawaii, Fort DeRussy, Waikiki, will commemorate Armed Forces Day, 9 a.m.-3 p.m. Events include military memorabilia; re-enactors in period uniforms from the Civil War, the Spanish-American War and Vietnam; and hands-on displays of military artifacts. Call 438-2822.

**May 18, Armed Forces Day** — The Honolulu Zoo, 151 Kapahulu Ave., will host a free day at the zoo for all military ID cardholders, including retirees and National Guardsmen and their spouses, 9 a.m.-2 p.m. One ID cardholder can bring the entire family.

Free entrance for military ID cardholders will be located at the Monsarrat Gate.

For general information, call 486-9640 or email [ota.elaine@yahoo.com](mailto:ota.elaine@yahoo.com).

**May 30, Celebrating the Military Family** — Armed Services YMCA of Honolulu is having its first "special breakfast event, 7:30-9 a.m., Hilton Hawaiian Village Coral Ballroom. Military families and wounded warriors will be honored.

Individual tickets are \$250. Proceeds support ASYMCA programs for military families and wounded warriors. Call Stan Lum at 473-3398 or 473-3399, or visit the ASYMCA at <http://asymcahi.org/>.

### Military Discounts

Visit the Chamber of Commerce of Hawaii's "Military Affairs" dropdown to view information about events and military discounts offered by local businesses to military ohana during Hawaii Military Appreciation Month. Search [http://cochawaii.org/hawaii/militaryappreciationmonth\\_new.asp](http://cochawaii.org/hawaii/militaryappreciationmonth_new.asp).





Briefs

Today

**Right Arm Night** — Fiesta Time at the Nehelani features drink specials and a pupu buffet beginning at 4 p.m., May 10. Spouses and DOD civilians welcome.

This event is for adults. Tickets are \$5 in advance or \$8 at the door. Tickets are on sale at the Nehelani. Call 655-4466.

12 / Sunday

**Mother’s Day Brunch** — Nehelani (655-4466) and Hale Ikena (438-1974) celebrate moms at this annual brunch. Reservations highly suggested.

Military discount of 10 percent for active duty and 20 percent for E1-E9.

**Mother’s Day Bowling** —

Schofield (655-0573) and Fort Shafter (438-9521) bowling centers offer free bowling for mothers if you bring receipts from the Mother’s Day Brunch from the Nehelani or Hale Ikena.

14 / Tuesday

**Taco Tuesday Night** — Kolekole Bar and Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

15 / Wednesday

**Preschool Story Time** — Take your toddlers to story time, Wednesdays, 10 a.m., Sgt. Yano Library, SB. Different theme and story each week. Call 655-4707.

**New Drawing Classes** —

Learn basic cartoon drawing at the SB Arts and Crafts Center, with creativity and confidence, by taking the mystery out of drawings.

Wednesday sessions follow:

- Adult class, 10 a.m.-12 p.m., \$35.
- Teens class, 2-3 p.m., \$25.

All supplies included; preregistration required. Call 655-4202.

community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

**July Sesame Street Performances** — Tickets are now on sale for 16 performances of Sesame Street’s “Can’t Stop Singing” at the Blaisdell Concert Hall, July 12-21. Tickets range from \$12-28 and can be purchased at the Blaisdell box office, all Ticketmaster Outlets, online at www.ticketmaster.com or by phone at 1-800-745-3000. Visit www.sesamestreetlive.com.

**Noise Advisory** —

Residents in the vicinity of Schofield Barracks may experience periodic increases in noise, through May 14, as a result of scheduled training exercises. The 25th Infantry Division’s 3rd BCT will be conducting a brigade-wide, combined arms training event, from 6 a.m.-1 a.m., daily.

To report concerns related to noise or training, call the USAG-HI Noise Concern Line at 656-3487. The USAG-HI Public Affairs Office will contact you about your concern during regular business hours, Monday through Friday, 8 a.m.-4 p.m.

11 / Saturday

**Leilehua Summer Concert Series** — First of four monthly free concerts, 6-7:30 p.m., Leilehua Golf Course Bar and Grill, hosted by the USAG-HI and the Native Hawaiian

TOBY KEITH AT SCHOFIELD



SCHOFIELD BARRACKS — Country music sensation Toby Keith performs for a crowd of 12,000 Army Hawaii Soldiers and family members during a concert, here, Saturday. (Photo by Allan Criss, Directorate of Family and Morale, Welfare and Recreation)

16 / Thursday

**Basketball Shootout** — Strong B.A.N.D.S. “Hot Shots” sign up begins at 6 p.m., FS PFC gym, with open competition. Call 438-1152.

17 / Friday

**Lei Making Workshop** — SB Arts and Crafts Center hosts the great Hawaiian tradition of lei making every third Friday of the month from 1-3 p.m. Call 655-4202 for preregistration.

**Black Light Party** —

Tropics Warrior Zone hosts this late night party, beginning at 9 p.m., with white or neon clothing as you dance in the dark with black light. Open to 18 and older. Call 655-5698.

23 / Thursday

**Flower Lei Making** — Sew a lei and learn about this Hawaiian tradi-

tion, 4-5 p.m., at the Fort Shafter library. Call 438-9521.

Ongoing

**Vehicle Safety Check** — The SB (655-9368) and FS (438-9402) Auto Skills centers perform Hawaii safety checks on a first-come, first-served basis; no appointments.

**Clay Hand Building Workshop**

— Learn to work with clay from the experts at the SB Arts and Crafts Center. Initial session is \$25, additional sessions are \$5. Call 655-4202 for pre-registration.

**Tropics Poker Tournament** —

Texas Hold’em poker, 6 p.m., at Tropics Warrior Zone, SB, every Thursday. The free weekly tournament is open to all ID cardholders, 18 and older.

Call 655-5698.

**Storage Shed Rental** — Rent a storage shed from either the FS (438-9402) or Schofield Barracks (655-9368) Auto Skills centers. Fee is \$40 (8x6x5, metal) or \$60 (8x6x6, plastic) per month.

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

•South meetings, 10 a.m., 2nd and 4th Wednesdays, AMR Chapel.

•North meetings, 3 p.m., every 1st and 3rd Wednesday, Tropics Warrior Zone.

See FMWR Briefs, B-4

MILITARY SPOUSE APPRECIATION DAY



SCHOFIELD BARRACKS — Nicole Villegas shares time, Wednesday, with daughter Alanna, 4, and son Alex, 11 months, at Kaena Community Center at the conclusion of a weekly spouses support group outing. Villegas is the wife of Sgt. Benito Villegas, recently redeployed, Headquarters and Headquarters Company, 25th Combat Aviation Brigade, 25th Infantry Division.

Today, Army leaders express gratitude to all Army spouses and reinforce their importance in supporting America’s Soldiers. The strength of our Soldiers comes from the strength of their families. Army spouses routinely put the welfare of their Soldier, family and nation above their own.

Military Spouse Appreciation Day is part of National Military Appreciation Month, passed by Congress in 1999. This years' theme is “Saluting Resiliency.” (Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs)

Liaison Office will feature music and stories in concert with Hawaiian music artists David and Rev. Dennis Kamaiah, a three-time Grammy

award-winning artist. Food and drinks available for purchase. Visit www.mele.com/resources/events.html.

**Pacific Aviation Museum** — See the instruments of a World War II fighter or modern-day jet fighter at Open Cockpit Day, 9 a.m.-5 p.m., May 11, at Pacific Aviation Museum, Pearl Harbor, in Hangar 79. Free with paid museum admission and free for museum members.

Parental supervision required for keiki ages 10 and younger. Call 441-1007 or visit www.PacificAviationMuseum.org.

14 / Tuesday

**Army Birthday Commemoration** — U.S. Army-Pacific will hold a commemoration for the Army’s 238th birthday at 6:30 p.m., June 14, at the Hilton Hawaiian Village. Cocktail hour begins at 5:30 p.m. For more details, contact your unit representative, or call 438-9761.

17 / Friday

**Asian-Pacific American Heritage Month** — Observance 10:30-11:30 a.m., Sgt. Smith Theater. The 2013 APAHM theme is “Building Leadership: Embracing Cultural Values & Inclusion.” Contact an Equal Opportunity Employment advisor for details or the USARPAC EO Office at 438-2419.

**Asian-Pacific Heritage Month** — Islander meal special offerings are at the following dining facilities for authorized users:

- SB K Quad, 11:30 a.m.-1 p.m.;
- SB Warrior Inn, 11:30 a.m.-1 p.m.; and
- WAAF Wings of Lightning, 11 a.m.-1:30 p.m.

**Bellows Volleyball** — Registration deadline is May 17 for the inaugural Bellows four-person Memorial Day Weekend Volleyball Tournament.

See COMMUNITY CALENDAR, B-7

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

**Gospel Worship**

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**

- Friday, 7:30 p.m. at PH

**Pagan (Wicca)**

- Friday, 7 p.m. at MPC Annex Room 232

**Protestant Worship**

- Sunday Services
  - 8:45 a.m. at MPC
  - 9 a.m., at FD, TAMC chapel
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
  - 10:45 a.m. at WAAF (Spanish language)
  - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
  - Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.

G.I. Joe: Retaliation

(PG-13)  
Fri., May 10, 7 p.m.  
Wed., May 15, 7 p.m.  
Thurs., May 16, 7 p.m.

The Croods

(PG)  
Sat., May 11, 2 p.m.  
Sun., May 12, 2 p.m.



Star Trek - Into Darkness

Sat., May 11, 6 p.m.

Studio appreciation advance screening of “Star Trek: Into Darkness.” (Ticket distribution was on May 8.)

Free seating is open to non-ticket holders beginning at 5:30 p.m., but subject to seating availability.

No shows on Mondays or Tuesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield





WAIKIKI — Civil War re-enactors are among the highlights of the U.S. Army Museum of Hawaii’s annual Living History Day, on the lawn of Fort DeRussy, May 18. (Photo courtesy U.S. Army Museum of Hawaii; Directorate of Plans, Training, Mobilization and Security; U.S. Army Garrison-Hawaii)

# Army Museum brings history to life May 18

**MIKE EGAMI**  
U.S. Army Museum of Hawaii

HONOLULU — The U.S. Army Museum of Hawaii and Hawaii Army Museum Society at Fort DeRussy is honoring the men and women of our nation’s armed forces with its Annual Living History Day, from 9 a.m. to 3 p.m., May 18.

Presented each year on the museum’s front lawn, Living History Day is a free community event at historic Battery Randolph where Army history comes alive.

“We invite the public to relive military history, chat with the dedicated members of Hawaii’s preservation and historic associations, reminisce or simply enjoy the memorabilia on display,” said Judith Bowman, director, U.S. Army Museum of Hawaii. “It is a unique way to honor our military on Armed Forces Day.”

Interactive exhibits of modern military Soldiers and equipment, military memorabilia, re-

stored military vehicles, re-enactors in period uniforms from the Civil War and Spanish-American War to Vietnam, and hands-on displays of military artifacts will be featured.

Attendees are invited to get behind the wheel of an Army HMMVV, mounted with a machine gun or grenade launcher; learn about K9 tactical dogs; or sit back and enjoy classic war films in the Corps of Engineers Regional Visitors Center theater.

The museum is located on the grounds of the Hale Koa Hotel and the Fort DeRussy Recreation Center. Discounted parking is available across the street with museum validation.

### Point of Contact

For more information, contact the museum staff, 438-2819, or email [michael.t.egami.civ@mail.mil](mailto:michael.t.egami.civ@mail.mil).

# School assignments show multiple changes this fall

**SCHOOL LIAISON OFFICE**  
Directorate of Family and Morale, Welfare and Recreation  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — In the fall, as students return to school, Aug. 5, there will be multiple changes to where elementary children are required to attend school.

Cherise Imai, the Hawaii Department of Education (DOE) military liaison, is confident that the “upcoming changes will allow for the DOE to address the overcrowding in the impacted schools and will better meet the educational needs of the students.”

**Solomon and Wahiawa Elementary School Changes**

Students who reside on Schofield in the Kalakaua I housing area will now attend Solomon Elementary School in school year 2013-2014.

These students currently attend Wahiawa Elementary and will have the option to remain at Wahiawa Elementary, but they will not have access to bus transportation to and from school.

Students who choose to remain should obtain and complete a geographic exception (GE) form from the school office. Call 622-6393 for assistance.

Kalakaua I students currently attending Wahiawa Elementary (EI) will be moved to Solomon next school year. However, new students moving into that housing area before the last day of school, which falls on May 24, have the option of enrolling at Wahiawa EI for the remainder of the year, with bus transportation, with the plan to move to Solomon in the fall.

Or, Kalakaua I students can enroll at Solomon now and be settled and ready for the new school year. They will not be provided with bus transportation from their housing area to Solomon Elementary because they fall within a 1-mile radius of the school. Only elementary students beyond the 1-mile are eligible for bus transportation at the cost of \$270 annually or \$72 per quarter.

For students in middle and high school, the required distance from the school to be eligible for bus transportation is a 1.5-

mile radius.

**Helemano and Wahiawa Elementary School Changes**

Helemano Military Reservation (HMR) will also see changes. Elementary students who live on I’a Way, Kilu Court, Kaukaalii Street, Kukaniloko Street, Puna Way and Wa’a ‘Ula Lane will be moving from Helemano Elementary School to Wahiawa Elementary.

Students moving into these homes are to enroll at Helemano EI for the remainder of this school year, and they will be moved to Wahiawa in the fall with bus transportation. They do have the option of enrolling in Wahiawa this school year to prepare for next school year, but transportation will not be provided.

Previously, all of HMR attended Helemano Elementary; however, with the additional homes that are under construction, the students who live on the above-mentioned streets are being redistricted to Wahiawa Elementary to avoid overcrowding at Helemano.

The new homes at Mali’o Road, Oli Court, He’e Nalu Court and Lei Court will attend Helemano EI with the rest of the students who reside on HMR.

The Leilehua Complex Superintendent, Dr. John Brummel, shared that “partnering, planning and working together to implement the redistricting will produce positive results for the schools that service students from Schofield and Helemano Military Reservation.”

### School Liaison Office

SLO, the Army and the DOE are working together to educate families and to develop a transition system that is as seamless as possible, including letters that are being sent to parents and guardians and the community.

To ease transition, members of the Wahiawa Elementary faculty plan to make a special visit to the HMR neighborhood, 9-10 a.m., Saturday, July 20.

For more information, SLO can be reached Monday-Fridays at 655-8326 or 656-9818.



# Summer camps, crafted for military youth, offered

**OPERATION MILITARY KIDS**  
News Release

HONOLULU — Operation Military Kids (OMK), in collaboration with the YMCA of Honolulu Camp Erdman, is offering two upcoming summer camps for military youth.

**Middle School Military Youth Camp**  
Middle school youth — ages 11-14 or who have completed grades 6-8 — who have experienced the deployment of a parent are eligible for Military Youth Camp, June 16-21, at Camp Erdman, located on the North Shore of Oahu.

Camp Erdman is a full-residential facility that provides all meals and lodging.

Each camp participant is responsible for only a very modest fee of \$10, as most costs are being supported by OMK and the Office of the Secretary of Defense.

This camp is intended to provide campers with tools to help them become resilient military youth while building friendships and gaining leadership and life skills.

In addition to informal educational experiences, campers will get to meet other military-connected middle-school youth from around the island and challenge themselves with adventure and recreational activities.

The campsite’s recreational activities include odyssey ropes course, alpine tower, giant swing, climbing wall, challenge courses, swimming and archery.

Deadline to apply is May 24. All other inquiries can be directed to Kiki Yoshimoto at

omk@ctahr.hawaii.edu or call 956-4125.

For information and applications, visit the Hawaii OMK website at [www.ctahr.hawaii.edu/4h/OMK/education.htm](http://www.ctahr.hawaii.edu/4h/OMK/education.htm).

**2nd Annual Hawaii Adventure Camp for Military-Connected Teens**  
This camp is open to ages 14-18 who are the dependent of an active duty, Guard, Reserve or retired service member.

Youth must reside within the Pacific Rim regions of Hawaii.

Camp will be held July 21-26 at Camp Erdman on the North Shore of Oahu.

Some activities include surfing, climbing wall, archery, snorkeling, horseback riding, odyssey ropes course, stand-up paddle boarding and team-development courses.

This camp is free for campers, but a refundable \$50 deposit holds a camp spot. Costs are supported by the Department of Defense and the U.S. Department of Agriculture’s National Institute of Food and Agriculture.

Deadline to apply is June 15 or until all 50 spots are filled. Overflow applications are currently being forwarded to the Middle School Camp. Contact KiKi Yoshimoto at omk@ctahr.hawaii.edu or 956-4125.

Visit <http://hawaiiadventurecamp.webs.com> and the Hawaii Adventure Camp Facebook page at <https://www.facebook.com/HawaiiAdventureCamp>.

*(Editor’s note: Information pulled from two OMK news releases.)*



MOKULEA — Military youths get ready to conquer the Odyssey Ropes Course during Hawaii Adventure Camp at Camp Erdman, here, recently. From July 21-26, youth will build leadership, self-confidence and teamwork skills while participating in similar adventures. (Photo courtesy Operation Military Kids)



CONTINUED FROM B-2

**Libraries** — Universal Class Army Hawaii Libraries has more than 500 online courses offered on a wide range of subjects. Courses are

available 24/7, instructor led and self-paced. Also, access to Universal Class is free to library account holders or those with access to AKO.

Participants should be at a high school reading and writing levels.

Set up a Universal Class account via the Army Hawaii Libraries’ webpac, <http://dod.hawaiilibraries.org>, select eResources tab and then Universal Class.

Guests without a library account may gain access via AKO, Self-Service, My Li-

brary. Call 655-8002.

**Military Special** — Bowl a free game when you make a purchase more than \$6 from Wheeler Bowl’s snack bar. Must have receipt. Game must be used same day as snack bar purchase. Cannot be combined with additional discounts or offers. Call 656-1745.

**DIY Auto Repair** — SB (655-9368) and FS (438-9402) Auto Skills centers offer auto repair bay rentals.



# Army Strong B.A.N.D.S. returns for fitness month

**TIM HIPPS**  
U.S. Army Installation Management Command

SAN ANTONIO — Get fit. Eat better. Feel better. Be better. Army Strong B.A.N.D.S. is back.

The largest Army Family and Morale, Welfare and Recreation campaign of the year pushes Soldiers, their families and Department of Defense civilians to focus on Balance, Activity, Nutrition, Determination and Strength, or B.A.N.D.S., to get up, get out, get busy exercising, eat better and commit to a healthier lifestyle.

The U.S. Army Installation Management Command program began May 1 with 71 locations participating during the National Physical Fitness and Sports Month of May. Locations Armywide will promote programs and activities that support Soldier and family resilience and encourage individual fitness.

“Strong-Ready-Resilient Soldiers, Families and Communities” is the theme of the 2013 Army Strong B.A.N.D.S. campaign. Each participating location can select at least three fitness activities or events it chooses to implement.

“They pick a minimum of three events that they want to highlight,” Strong B.A.N.D.S. coordinator Carole Herr explained. “We’re not asking them to create new programs, just to highlight existing programs, to help generate extra buzz and participation in a class or program that already exists.”



FORT SHAFTER — The first Army Co-Ed Kickball Tournament is one of three local Army Strong B.A.N.D.S events scheduled for U.S. Army Garrison-Hawaii during May. Above, the 205th Military Intelligence Battalion (black) beats the Fighting Knights, 4-1, recently, during the two-week tournament. (Photo by Michael Kim, Family and Morale Welfare and Recreation)

B.A.N.D.S. takes “Army Strong” to a whole new level. In 2012, more than 29,000 Army customers participated in more than 200 Strong B.A.N.D.S. events around the world.

Eighty-eight percent of garrison program managers reported that the campaign energized members of their communities and encouraged them to make healthy lifestyle choices. The same group unanimously agreed that a good time was had by all participants.

In proclaiming May 2013 as National Physical Fitness and Sports Month, President Barack Obama wrote, “With simple steps, all of us can make physical activity a way of life. This month, we recognize Americans who are choosing that future for themselves and inspiring others to do the same.

“We also take this opportunity to renew the call to action,” Obama continued. “I encourage business, faith and community leaders to uphold physical activity as an important way to enrich our neighborhoods. I call on schools to make good health and exercise part of a good education. And alongside our friends and family, let each of us recommit to leading a healthy, active lifestyle and setting our children on the path to a bright future.”

**May Events**

May 16 is the B.A.N.D.S. Hot Shots. Signup begins at 6 p.m. at the Fort Shafter Physical Fitness Center with open basketball shootout competition. Call 438-1152.





# Take supplements to benefit effects of antioxidants?

MELISSA DENTON  
Nutrition Care Division  
Tripler Army Medical Center

HONOLULU — “Do I need antioxidant supplements?” We are continuously bombarded with information regarding antioxidant supplements and the benefits they provide, from preventing cancer, dementia and heart disease to helping you use those extra few pounds. But do we really need to take supplements to benefit from antioxidants? Antioxidants are substances that may protect your cells against free radical damage. Free radicals are produced when your body breaks down food or from environmental exposures like tobacco smoke and radiation. Free radicals can damage cells and may play a role in heart disease, cancer and other diseases.



Denton

Hundreds of different substances can act as antioxidants. The most familiar ones are vitamin C, vitamin E and carotenoids. However, minerals such as selenium and manganese, as well as polyphenols, including anthocyanins and catechins, and other enzymes such as coenzyme Q10 have antioxidant properties, as well. Antioxidants are often classified using an oxygen radical absorbance capacity, or ORAC value. This value measures the antioxidant capacity in a test tube, which does not necessarily translate into its antioxidant activity in the human body. The U.S. Drug Administration recently removed this database from its website because companies were abusing it to support the health claims of its products. Still wondering if you should be taking supplements to get higher amounts of antioxidants in your diet? The short answer is no.

Many supplement companies want you to believe that supplements, such as green tea extract or resveratrol, provide the same health benefits as drinking green tea or a glass of red wine. Research, however, indicates that there may be a variety of compounds within the food acting together to provide the antioxidant activity, not just one compound, such as what you’d find in a pill.

Additionally by consuming excessive quantities of the antioxidant-rich compound, you may actually put yourself at risk of the disease you were trying to prevent.

Instead, it is recommended to eat a diet with a variety of foods to provide adequate amounts of various compounds with antioxidant activity.

Citrus fruits are a great source of vitamin C. Vitamin E is found in nuts, seeds and vegetable oils.

Carotenoids are found in a variety of vegetables, including red, orange, deep-yellow and some dark-green leafy vegetables, such as tomatoes, carrots, spinach, Brussels sprouts, sweet potatoes, winter squash and broccoli.

By consuming a variety of fruits and vegetables in your diet you will not need supplements.

Aim for two cups of fruit and 2½ cups of vegetables, daily.  
*(Editor’s note: Denton is an inpatient registered dietitian at TAMC.)*



Consumers are continuously bombarded with information regarding antioxidant supplements and benefits; however, it is recommended to eat a diet with a variety of foods to benefit against free radical damage. (Courtesy photo)

Questions for a dietitian?

Email [mary.staudter@us.army.mil](mailto:mary.staudter@us.army.mil).

## community calendar

CONTINUED FROM B-2

ment, May 25-26. Registration fee is \$10 per person; includes shirt. Visit [www.bellowsafts.com](http://www.bellowsafts.com).

**18 / Saturday**  
**Fort DeRussy Living History Day** — The U.S. Army Museum honors the men and women of our nation’s armed forces with its annual Living History Day, 9 a.m.-3 p.m., May 18, on the museum’s front lawn. Free event features interactive exhibits of modern military Soldiers and equipment, military memorabilia, restored military vehicles, reenactors in period uniforms from the Civil War and Spanish-American War to Vietnam. Call 438-2819.

**24 / Friday**  
**Dominique Wilkins** — NBA Hall of Fame player Dominique Wilkins will appear,

3:30-5:30 p.m., at St. Louis School McCabe Gymnasium, 3142 Waiālae Ave., on behalf of the Juvenile Diabetes Research Foundation, free of charge.

**30 / Thursday**  
**Celebrating the Military Family** — Armed Services YMCA of Honolulu is having its first “special breakfast” event, 7:30-9 a.m., Hilton Hawaiian Village Coral Ballroom. Military families and wounded warriors will be honored. Individual tickets are \$250. Proceeds support ASYMCA programs for military families and wounded warriors. Call Stan Lum at 473-3398 or 473-3399, or visit the Armed Services YMCA at <http://asymcahi.org/>.

**Ongoing**  
**Military Mondays** — Windward Mall military members and their families receive 15 percent off qualified purchases at more than 50 participating merchants.